Sugar and Butter Free Apple Cake

NIBBLEDISH CONTRIBUTOR

Ingredients

Makes 1 loaf, or for 8 inch cake tin:

- 300g mixed fruit
- 250g plain flour
- 50ml apple juice concentrate
- 2 apples + 1 tbsp cinnamon (OR 200ml applesauce)
- 180ml vegetable oil
- 2 eggs
- 1 tbsp cinnamon
- 1 tsp nutmeg
- 1 tsp vanilla extract
- 1 tsp baking soda
- Pinch of salt

Instructions

1. Cover the mixed fruit with water in a pan and boil gently until all the water is absorbed. Drain and cool.
2. If you're making the applesauce, dice the apples (leave skin on), and place in a pan with the cinnamon. Add water to cover the apples halfway. Bring to the boil, then simmer until you can mash it up.
3. Mix the applesauce, concentrate, oil, eggs and vanilla in a large bowl.
4. Sift in the rest of the dry ingredients.
5. Carefully stir in the mixed fruit, then transfer to your cake tin.
6. Bake at 175 degrees C for about an hour.